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The relationship between emotional intelligence and marital status in sample of college students

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Abstract

Purpose of Study: The aim of this study was to determine the relationship between emotional intelligence(EI)(i.e, Self-Regard(SR) & Empathy(EM) & Social Responsibility(RE)& Impulse control (IC)& Self-Actualization(SA)& Reality Testing(RT) & Optimism (OP) & Happiness (HA)) and marital status of shahed university's students. **Method:** the sample included Two hundred and forty college students (110 Single, 130 Married, N=240) that all were randomly selected. All participants completed The Emotional Quotient Inventory (EQ-i) and state of marital students was investigated. Data was analyzed by Pearson statistical correlation test. **Findings and Results:** The results Showed that was significant different between single individuals and married individuals in emotional intelligence(EI)(i.e., (SR) & (EM) & (RE)& (IC)& (SA)& (RT) & (OP) & (HA)) so that EI married individuals score's in (SR) & (EM) & (RE)& (IC)& (SA)& (RT) further than single individuals. In addition EI single individuals score's in (OP) & (HA) further than married individuals. **Conclusion:** the marital status is a important factor to determine the levels of emotional intelligence.

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1. Introduction

Emotional intelligence as an ability, is capacity of perception, expression, recognition, application and management of excitement the own and others (Mayer and Salovey, 1997). Since the basic components of emotional intelligence is the ability of understanding other emotions, and inhibition own and others, to mode green, it is expected people with higher emotional intelligence have better social adjustment and social skills. So social skills as a facilitate manufacturer social life helps to people for better communications (Maloff and schutte, 1998). up to yet, researches at excitement field, at comparison with recognition, had lesser extent. nowadays impacts psycho-cognitive emotion has been emphasized and it is accepted that the emotion, not only interference with other cognitive capacities but also increase them. in addition to, emotions as a primary source of motivation, raise and guide human behavior (Salovey et al, 2000) and people who can recognize emotions own and others, access to great success at their work and social life (Gheidar, 2009).

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Emotional intelligence, are influenced by rearing environment. Evidence suggests that at least part of a low emotional intelligence, due to distress the primary relationship of mother - child (caregivers), which are influences on the evolution of cognitive and neural systems involved in processing emotional information. how emotional interactions of mother - child, affect on parts of the brain that is involved in regulating emotion, , and low emotional intelligence might be the result of trauma such as emotional deprivation and neglect parent, that disrupts functioning of some brain structures, and mental capacity associated with emotional processing. (Tyler and Bagby, 2000)

Meyer and Salovey (1997) maintained that one of the significant benefits of regulating emotion is to improve negative emotions and nurturing pleasant and positive emotions. Therefore those who are skillful at regulating their emotions are more able to compensate for the negative emotional states through being participated in pleasant activities; moreover, emotional competence has a significant role in reducing stress and psychological health. Of course one of the significant points worth mentioning is that the structures associated with academic achievement are mainly related to cognitive functions, particularly memory abilities and learning of the person concerned, while emotional intelligence is more linked to one's success in interpersonal relations. Emotional intelligence makes an adaption between emotion and cognition which is led to adaptive action (Saloy and Griwall, 2005, quoted from Shutte, Malnuff, Thorsteinsson, Bhullar, & Rooke, 2007). Four-dimensional model of emotional intelligence shows that emotional intelligence is the result of the abilities related to the following factors:

1. Perception of emotion in self and others
2. Making use of emotion to facilitate decision-making
3. Understanding emotion
4. Regulating emotion in self and others

Based on the synthetic pattern of Barron (2005, quoted from Greven, Chamorro-Premuzic, Arceche, & Furnham, 2008), emotional intelligence is comprised of emotional self-awareness and different characteristics and skills which is deuced from an effective application or regulating emotions such as appropriate interpersonal relations, problem solving and stress tolerance. Emotional intelligence is conceptualized as a personality trait similar to extroversion and conscientiousness which is placed under the lower levels of personality hierarchy. Individual differences are covered by personal (stress control) and interpersonal emotional capabilities (stress perception) through emotional intelligence (Saklofske, Galloway, & Davidson, 2007). In other words, people with high emotional intelligence are more acquired with stress management skills and are able to evaluate, express and manage their emotions (Greven, etc. 2008). Henceforth, the present study consists of the following hypothesis:
Is there a significant relationship between emotional intelligence in married people and single ones?

2. Method

The sample included Three hundred and fifty-six college students of shahed university (110 Single, 130 Married, N=240) that all were randomly selected. All participants completed The Emotional Quotient Inventory (EQ-i) and state of marital students was investigated. Data was analyzed by Pearson statistical correlation test.

Bar On's Emotional intelligence test:

Bar-On Multi-factor emotional intelligence model (1999, quoted from Tiregi, 2005) is more related to the capacity-based performance than the performance itself, that is the capacity for success not the success itself. In addition, this model is more process-oriented than outcome-oriented. This framework is based on a comprehensive concept of a group of factorial components and encompasses other existing emotional intelligence models, that is to say, this model does not just emphasize on being aware of feelings and also using the obtained information to be compatible with one's life, but it consists of other components which must be taken into account in determining a person's success in coping with the pressures and environmental requirements. The application of Bar-On

intelligence is the same as the definition proposed by Weksler (Bar-N, 1997, quoted from Tiregi, 2005). Based on this perspective, Bar-On defined the components of the conceptual approach to emotional intelligence which is evaluated by the current version of the Bar-N Emotional Intelligence Questionnaire (Bar-On, 2000, quoted from Tiregi, 2005). The present questionnaire consists of 90 questions. In addition to gaining an overall score, this test takes measure 15 components of emotional intelligence. The test validity has been reported 0.88 based on the even/odd method and 0.93 based on the Cronbach's alpha. The alpha coefficient has been reported in the domain between 0.55 and 0.38 with the average 0.70 in Iran by Shamsabadi (2005). The validity of the questionnaire was verified by an exploratory factor analysis conducted in Dehshiri research in 2004 (quoted from Tiregi, 2005). The test answers has been set on a 5-degree scale in the Likert domain ranged as completely agree, agree, somewhat agree, disagree and completely disagree.

Subscales include:

Emotional Self-Awareness (ES), Assertiveness (AS), Self-Regard (SR), Self-Actualization (SA), Independence (IN), Empathy (EM), Social Responsibility (RE), Interpersonal Relationship (IR), Reality Testing (RT), Flexibility (FL), Problem Solving (PS), Stress Tolerance (ST), Impulse control (IC), Optimism (OP), Happiness (HA) (Karr, 2004, Sepehryan, 1386).

3. Results And Discussion

Table 1: results of t-test for comparing the components of emotional intelligence scores for subjects:

Subscale/ Marital State	N	Mean	Std. Deviation	t	Sig
<i>Self-Regard</i> Married	130	23/86	3/76	2/19	0/0001
Single	110	20/40	3/10		
<i>Optimism</i> Married	130	21/07	2/88	4/02	0/0001
Single	110	23/86	3/15		
<i>Happiness</i> Married	130	20/40	2/29	3/99	0/0001
Single	110	24/22	1/31		
<i>Empathy</i> Married	130	21/75	2/42	2/18	0/0001
Single	110	17/67	3/12		
<i>Social Responsibility</i> Married	130	23/80	3/37	3/37	0/0001
Single	110	20/07	3/36		
<i>Impulse control</i> Married	130	21/75	3/45	2/19	0/0001
Single	110	19/67	3/55		
<i>Self-Actualization</i> Married	130	21/80	3/35	3/23	0/0001
Single	110	18/65	3/22		
<i>Reality Testing</i> Married	130	18/40	4/55	3/14	0/0001
Single	110	16/07	3/86		

This Table Showed that was significant different between single individuals and married individuals in emotional intelligence(EI)(i.e., Self-Regard(SR) & Empathy(EM) & Social Responsibility(RE)& Impulse control (IC)& Self-Actualization(SA)& Reality Testing(RT) & Optimism (OP) & Happiness (HA)) so that EI married individuals score's in Self-Regard(SR) & Empathy(EM) & Social Responsibility(RE)& Impulse control (IC)& Self-Actualization(SA)& Reality Testing(RT) further than single individuals. In addition EI single individuals score's in Optimism (OP) & Happiness (HA) further than married individuals.(p<0/0001).

Therefore, it seems that marriage and marital factor in people is led to more growth of aspects of emotional intelligence. This research is compatible with the one conducted by Ekstrimera and Fernandez (2005) and Jokar (2007) who showed that emotional intelligence is a positive and significant predictor of life satisfaction in married people. Moreover, Sheikh-Aleslami and Ahmadi (2012) showed that emotional intelligence, particularly optimism component, has the largest proportion in predicting satisfaction. In addition, Mahdavi and colleagues (2008) showed that among the factors which can be effective in individuals' evaluation of their life conditions, that is their life satisfaction, is emotional intelligence.

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